

### CLAIMS

What is claimed is:

1. A composition comprising:  
a base comprising as a principal component a moisturizer suitable for application to human skin; and  
a plurality of abrasive particles.
2. The composition of claim 1, wherein the moisturizer comprises one of a liquid, a gel, and an emollient.
3. The composition of claim 1, wherein the abrasive particles comprise one of corundum and magnesium oxide.
4. The composition of claim 1, wherein the abrasive particles comprise corundum having an average particle size in the range of 50 mil to 240 microns.
5. A composition comprising:  
a base suitable for application to human skin; and  
a plurality of particles of corundum suspended in the base having an average particle size in the range of 34 microns mil to 556 microns.
6. The composition of claim 5, wherein the base comprises as a principal component a moisturizer.
7. The composition of claim 5, further comprising at least one of a vitamin, a mineral, an antioxidant, a cleanser, and an emulsifier.
8. An apparatus comprising:  
a handle suitable for gripping by a human hand, the handle having a head portion; and  
a porous applicator coupled to the head portion of the handle having dimensions suitable for contacting localized areas of human skin.

9. The apparatus of claim 8, wherein the applicator comprises a sponge.
10. The apparatus of claim 9, wherein the applicator further comprises a cap comprising a surface and sidewalls defining an interior volume having dimensions corresponding to dimensions of the head portion of the handle with the sponge coupled to the surface of the cap.
11. An apparatus comprising:  
a vibrator having a vibratable head; and  
an applicator coupled to the head, the applicator having dimensions suitable for contacting localized areas of human skin.
12. The apparatus of claim 11, wherein the applicator comprises a sponge.
13. The apparatus of claim 12, wherein the applicator comprises a closed-cell sponge.
14. A method comprising:  
applying a composition to an area of human skin, the composition comprising a base and a plurality of abrasive particles; and  
manipulating the composition over the area of human skin with a handle-operated instrument.
15. The method of claim 14, wherein manipulating the composition comprises vibrating.
16. The method of claim 14, wherein manipulating comprises causing a portion of the base to be absorbed by the area of the human skin.
17. The method of claim 16, further comprising, after manipulating, wiping off any unabsorbed portion of the composition.

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